

## Frequently Asked Questions Regarding Obstetric Care at Mount Auburn Hospital during the COVID 19 Pandemic – Updated 6/15/2020

### How have the policies on Labor and Delivery changed in regard to support persons and visitors?

- **Two consistent** support people may be with a patient during labor and birth; for the safety of patients and their babies, we ask patients to think carefully about who accompanies them. **On admission to Labor and Delivery, you patients will be asked to identify their two support people.**
  - Support persons will be actively screened and permitted to enter Labor and Delivery ONLY IF:
    - S/he feels well (no fever, cough, shortness of breath, or other symptoms)
    - S/he has not had any known exposure to COVID-19 in the last 2 weeks.
    - S/he has not visited an area of concern for COVID-19. If they have, the safest place for your support person is at home.
  - Anyone entering the unit will have their temperatures checked at entry sites.
  - If any support person screens positive for symptoms of Influenza like illness (ILI) or COVID-19, they will be asked to isolate at home immediately. In this circumstance, alternative support people may be considered on a case by case basis.
  - **In addition to our patients and staff, support people will be required to wear a mask or face covering at all times. Masks will be provided if needed.**
  - **Support persons should remain with the patient unless there is a medical reason to separate them. While discouraged, support people may leave the unit and return. If support people leave the room, they should not congregate in common areas and are not permitted to be in the nutrition areas.**
- **Following delivery, one support person of the patient's choice will be allowed to stay with the patient during their postpartum stay. This support person will receive the 2nd baby band to identify them and there is no exchange allowed of this support person who will stay with the patient for the duration of their stay. If the patient has two support people in labor, the additional support person will be encouraged to leave prior to transfer to the postpartum unit.**
  - **Additional visitors may be permitted once the patient is transferred to the postpartum unit only during specified visiting hours.**
  - **Visitors will be permitted one at a time and encouraged to stay no more than an hour.**
  - **Visitors are asked to call the patient once they arrive outside the facility. The patient will then notify the staff of their visitor's arrival.**
  - **Visitors to our postpartum units will be screened at the main hospital entrance and given a visitor badge with date of visit identified. Visitors may be re-screened before entering the postpartum unit.**
  - **The support person who has the 2<sup>nd</sup> baby band is permitted to leave and return but will be screened each time they return. This person is encouraged to limit the frequency of coming and going.**

### What should I bring when I go to the hospital?

- **In order to limit leaving and re-entering the unit**, if the likelihood is high that you will be staying at the hospital once you arrive, you should bring everything with you that you think you will need including the baby's car seat.

- The hospital will be able to provide you with any basic necessities, such as toothpaste/tooth brush, shampoo, etc.
- You may bring snacks or food to be kept in your room; however rooms do not contain refrigerators. The hospital will provide meals for you and your support person.

### **How can I tour the hospital and take childbirth classes?**

- There is a virtual tour of the Bain Birthing Center: <https://www.mountauburnhospital.org/care-treatment/womens-health/pregnancy-birth/classes/>
- Information about online classes is available here: <https://www.mountauburnhospital.org/care-treatment/womens-health/pregnancy-birth/classes/a-message-to-our-parents-to-be/>

### **Are routine circumcisions being performed at the hospital?**

- Circumcisions are still being performed at the hospital as long as the baby's parent is not suspected of having COVID.

### **Is help available for breastfeeding/lactation?**

- Yes! Prior to arrival we encourage you to take the online breast feeding class. You can find information about these classes using the link listed above
- All of the nurses on Labor and Delivery and the Postpartum Units are trained to help you with breastfeeding. If you and your baby are experiencing difficulty with breastfeeding, Lactation Consultants are available to help.

### **Is the baby able to remain with the family during their entire hospital stay?**

- We encourage rooming in and family centered care for all mother-baby couplets, including whenever possible. Healthy babies are not taken to the nursery.
- If you have a cesarean section, there may be a short period of time where you and baby are separated toward the end of the surgery, and as you are getting settled in the recovery room.

### **When can I go home?**

- Usually, patients who have a vaginal delivery are able to stay for 2 nights after their delivery, and patients who have a cesarean delivery go home 3 to 4 days after their surgery.
- If patients wish to go home sooner after delivery, they may be able to leave as soon as 24 hours after their vaginal delivery or 2-3 days after cesarean delivery, depending on their recovery and any other complications.

### **When can my baby go home?**

- The Pediatrics Department at MAH encourages discharge of newborns **after** 36 hours of age.
- Requests for early discharge (between 24-36 hours of age) will be considered by the pediatrician, and will be accommodated if it is thought to be safe